

## 2016 Namibia National Athletics Championship

### Provisional Program

**28-May-16**

Event No	Time	Event	Category	Round
<b>SESSION 1</b>	9:00	10 000m	Men	Final
	9:40	110m Hurdles	Men	Final
	9:50	100m Hurdles	Women	Final
	10:00	400m Heats 1	Women	Final
	10:05	400m Heats 2	Women	Final
	10:10	400m Heat 1	Men	Final
	10:15	400m Heat 2	Men	Final
	10:20	400m Heat 3	Men	Final
	10:25	100m Heat 1	Women	Heats
	10:30	100m Heat 2	Women	Heats
	10:35	100m Heat 3	Women	Heats
	10:40	100m Heat 1	Men	Heats
	10:45	100m Heat 2	Men	Heats
	10:50	100m Heat 3	Men	Heats
	10:55	5 000m	Women	Final
<b>11:20 MEDAL PRESENTATION</b>				
<b>SESSION 2</b>	11:30	400m Hurdles	Women	Final
	11:40	400m Hurdles	Men	Final
	11:50	100m	Women	Final
	12:00	100m	Men	Final
	12:10	3000m SC	Women	Final
	12:25	3000m SC	Men	Final
	12:40	800m	Women	Final
	12:50	800m	Men	Final
<b>13:00 MEDAL PRESENTATION</b>				
<b>SESSION 3</b>	13:10	200m Heats 1	Women	Heats
	13:15	200m heat 2	Women	Heats
	13:20	200m heat 3		
	13:25	200m Heats 1	Men	Heats
	13:30	200m heat 2	Men	Heats
	13:35	200m heat 3		
	13:45	5 000m	Men	Final
<b>13:45 MEDAL PRESENTATION</b>				
<b>SESSION 4</b>	14:10	1 500 m	Women	final
	14:10	1 500m	Men	Final
	14:30	200m	Women	Final
	14:30	200m	Men	Final
	14:40	4x400m Relay	Women	Final
	14:55	4x400m Relay	Men	Final
	15:10	4x100m Relay	Women	Final
	15:20	4x100m Relay	Men	Final
<b>15:30 MEDAL PRESENTATION</b>				

	Event No	M Time	Event	Category	Round
FIELD EVENTS		9:30	Long Jump	Men	Final
		9:30	Javelin Throw	Women	Final
		10:30	Javelin Throw	Men	Final
		10:30	Long Jump	Women	Final
		11:00	Shotput	Women	Final
		11:00	High Jump	Women	Final
		11:30	Shotput	Men	Final
		12:00	High Jump	Men	Final
		12:00	Discus Throw	Women	Final
		14:00	Triple Jump	Men	Final
		12:30	Discus Throw	Men	Final
		14:30	Triple Jump	Women	Final